



**SYDNEY
PROSTHODONTIC
GROUP**

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Care for Your Dental Restoration

Irrespective of the type of dental restoration (filling, inlay, onlay, veneer, crown or bridge) received, the following long-term self-care and professional maintenance are required:

1. Optimal daily cleaning is paramount to the long-term success of your dental restoration. If there is persistent (>1 week) gum bleeding despite your best efforts, please come in as soon as possible.

You may have been instructed to use additional cleaning aids such as Piksters mini brushes. These are available from your local pharmacy or www.piksters.com.

1. Like your own teeth, natural wear and tear is to be expected. Replacement of your dental restoration will be required in the long-term future due to wear or fracture. The likelihood of this from occurring is minimised if there is minimal teeth clenching/grinding or an occlusal splint (see next paragraph) is used daily during sleep.
2. An occlusal splint (a.k.a. protective night-guard) is a removable plastic appliance worn in your mouth at night while sleeping. This may be required in the future. The dentist that is carrying out regular reviews for you should be the one to identify this requirement.
3. Annual check-ups, cleaning and maintenance is essential to your dental restorations' long-term success. Please visit your general dentist at least once every 12 months.

Thank You

On behalf of the entire SPG team, thank you for entrusting us with your dental care. It has been our privilege looking after you. In addition, we deeply appreciate your patience and help throughout this process. We hope you are happy with your result and will recommend our services to your friends and family.

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